SUNDRIES

NAAN	1,2,3,6
KEEMA NAAN	1,2,3,6,9
CHILLI NAAN	1,2,3,6,9
GARLIC NAAN	1,2,3,6,9
GARLIC & CORIANDER NAAN	1,2,3,6,9
CHEESE NAAN	1,2,3,6,9
KULCHA NAAN	1,2,3,6,9
PESHWARI NAAN	1,2,3,6,9
TANDOORI ROTI	1,V,H
CHAPATI	1,V,H
PLAIN PARATHA	1,6
KEEMA PARATHA	1,6
ALOO PARATHA	1,6
RAITHA	6
FRESH GREEN SALAD	V
POPPADOM	1,7
PICKLE TRAY	6
CHIPS	

VEGETARIAN SIDE DISHES

BOMBAY ALOO (Potato)	GF, V)))
BHINDI (Okra)	GF, V)))
TARKA DAAL (Lentils)	GF, V,7)))
SAAG ALOO (Spinach & Potato)	GF, V)))
BENGAN (Aubergine)	GF, V)))
ALOO GOBI (Potato & Cauliflower)	GF, V)))

RICE

BASMATI PILAU RICE	GF, V)
STEAMED RICE	GF, V,H)
MUSHROOM PILAU RICE	GF, V)
KEEMA PILAU RICE	GF)
VEGETABLE PILAU RICE	GF, V)
EGG PILAU RICE	GF,3)
LEMON PILAU RICE	GF, V)
MUTTER (Peas) **PILAU RICE**	GF, V)
ZEERA (Cumin) **RICE**	GF, V,9)

BEVERAGES

PASSION FRUIT REFRESH

PINEAPPLE SMOOTHIE
Natural yoghurt, pineapple juice and honey

eastOeast DELIGHT
Strawberry syrup shaken with cream

MANGO SUN RISE
Fresh orange and lime shaken with mango juice, topped up with cranberry juice

PRINCESS PRIDE
Orange juice shaken with pineapple and laced with grenadine

eastOeast REFRESH
Mint, lime and brown sugar, topped with soda

SWEET DREAM
Raspberries and blackberries top up with water lemon syrup shaken with apple and cranberry juice

EAST BREEZE
Strawberry, raspberry and blackberry shaken with apple juice and cranberry juice

STRAWBERRY DREAM
Strawberries and raspberries shaken with apple juice

eastOeast HAWAIIN
Kiwi syrup and apple juice topped with lemonade

eastOeast TOUCH
Strawberry, raspberry and blackberry shaken with elderflower and cranberry juice

PUNJABI TRADITIONAL LASSI

What is a lassi? Lassi is traditional yoghurt based Punjabi drink, it is widely consumed in the Indian sub-continent to compliment spicy food

	500ml	1Litre
eastOeast Special Lassi	6	
Mango Lassi	6	
Strawberry Lassi	6	
Desi Sweet Lassi	6	
Desi Salty Lassi	6	
Desi Plain Lassi	6	

SOFT DRINKS

Coca-Cola, diet Coke, Sprite, 3bears

Orange Juice

Pineapple Juice

NATURAL MINERAL WATER

Still /Sparkling Large

Still /Sparkling Small

J20 FLAVOURED DRINKS

Apple & Mango

Apple & Raspberry

Orange & Passion Fruit

DISHES MAY CONTAIN:
Celery, gluten, crustaceans, eggs, fish, lupin, milk, molluscs, mustard, nuts, peanuts, sesame seeds, soya, sulphur dioxide, mono sodium glutamate or wheat gluten.

The story of the World's Love affair with Indian Subcontinent Foods dates back to the First Millennium.....

...Our Story

EastzEast is a family owned & managed business. The family has been in the Restaurant Business since 1976 and All our chefs are trained in house. The EastzEast brand has been established over a decade ago, here at EastzEast we pride ourselves in using fresh & high quality ingredients which are sourced locally and internationally. We source Fresh & Tender Whole Lambs, Grass fed from the Valleys of Cheshire & Lancashire then prepared by our expert butchers for our renowned chefs.

We source fresh Whole Chickens from Cumbrian farms, ready for our expert butchers and chefs to prepare.

We use Natural Sea & Rock salt sourced from the Atlantic ocean & Himalayan hills to season our food.

The Food is seasoned daily & freshly prepared on site by our Expert Chefs. The Desserts are also freshly prepared by our chefs. We thank all our Loyal patrons for supporting our Brand for over Ten Years and We hope to continue serving high quality food for many years to come.....

The Riverside, Blackfriars Street
Deansgate, Manchester M3 5BQ
T: 0161 8343500

19 Church Street, Preston, PR1 3BQ
Tel: 01772 200084

Kings Water Front, Keel Wharf
Kings Dock, Liverpool L3 4FN
Tel: 0151 7079377

1362 Leeds Road, Bradford BD3 8ND
01274 668669

Allergens: 1 = Gluten | 2 = Nuts | 3 = Eggs | 4 = Fish | 5 = Crustaceans | 6 = Dairy | 7 = Lentils
8 = Sulph Dioxide (E220) | 9 = Sesame Seeds | GF = Gluten Free
* = All the Char-grilled Appetisers can be prepared GLUTEN FREE

Info Keys: H = Healthy Option (Char-grilled). V = vegetarian.

- 100% Vegan
- Vegetarian
-) Mild
-)) Medium
-))) Hot

eastOeast restaurants winner of multiple awards and loved by many celebrities.
(See wall of fame at the Riverside branch)

follow us on

Please review us on tripadvisor to qualify for 5% discount on total bill.

info@eastzeast.com

FOR PARTIES OVER 10 PLEASE SEE THE BANQUET MENUS

eastOeast®

THE HOME OF PUNJABI COOKING

"There is no sincerer love than the love of food and you don't need a silver fork to eat good food"
(G. B. Shaw)

MANCHESTER | PRESTON | LIVERPOOL | BRADFORD

www.eastzeast.com

HALAL 100%

MEAT & POULTRY APPETISERS

eastZeast MIXED STARTER (for 2) 1,3,4,6
A combination of fish tikka, seekh kebabs, chicken wings, onion bhaji & samosas. Served on a sizzler platter with fried onions.

MIXED KEBAB Lamb kebab, chicken kebab & shami kebab NEW 3,6

LAMB CHOPS *Highly Recommended* Lamb chops on the bone, marinated in spices & chargrilled 1,6,H,*

SEEKH KEBAB Minced lamb mixed with fresh herbs & spices, formed on a skewer & chargrilled 3,6,H

CHEESE SEEKH KEBAB *Highly Recommended* (Lamb or Chicken) NEW 3,6
Minced lamb or chicken mixed with fresh herbs & spices & mozzarella cheese formed on a skewer & chargrilled

CHICKEN KABLI *Highly Recommended* 6
Succulent chicken inner fillet chargrilled with melted mozzarella cheese on top. Served with spicy baby potatoes.

CHICKEN SEEKH KEBAB 3,6,H
Minced chicken, mixed with fresh herbs & spices, formed on a skewer & chargrilled

CHICKEN WINGS Pieces of chicken wings, marinated in eastern spices & chargrilled 1,6,H,*

CHICKEN LIVER TIKKA 1,H,*
Fresh pieces of chicken liver, marinated in spices & fresh herbs, chargrilled with fried onions.

CHICKEN BOTI TIKKA 1,6,H,*
Pieces of chicken breast off the bone, marinated in eastern spices & chargrilled

CHICKEN MALAI TIKKA *Highly Recommended* NEW 1,6,H,*
Succulent pieces of chicken breast, marinated in yogurt, cream, salt, pepper, spices & chargrilled

CHICKEN TEMPURA *Highly Recommended* NEW 1,7
Succulent pieces of chicken marinated in our special eastZeast spices & fried with tempura crispy batter

CHICKEN PAKORA Succulent pieces of chicken marinated in our special spices & fried 1

SHAMI KEBAB 3,7
Minced lamb with lentils, cinnamon, cardamom, ginger & spices, coated with egg yolk & shallow fried

CHICKEN SAMOSA or MEAT SAMOSA 1
Crispy leaves of pastry, filled with spiced minced chicken or meat, onions, fresh coriander & deep fried

CHEESY KEEMA SAMOSA Crispy leaves of pastry, filled with spiced minced meat NEW 1
& cheese, onions, fresh coriander & deep fried

CHICKEN PURI Freshly cooked chicken in a massala sauce, served on a crispy puri 1,2,3,6

CHICKEN SAMOSA CHAAT 1,6,7
Spiced chickpeas, onions, tomatoes, black pepper with tamarind & yogurt sauce

BAKED POTATOE SKINS NEW 6
Half of potatoe shell filled with shredded chicken & garlic finished off with a glaze of cheese.

HALLOUMI CHEESE STICKS NEW 6
Cheese sticks marinated in eastZeast spices, grilled to perfection

GRILLED CHICKEN SALAD Grilled chicken cubes in fresh salad with olive oil and herbs

VEGETARIAN APPETISERS (V)

eastZeast VEG MIXED STARTER (for 2) 1,6,7,V
A combination of onion bhaji, paneer pakora, mixed vegetable pakora & aubergine pakora, served on a sizzler platter

ONION BHAJI Fresh pieces of onions, marinated in our eastZeast special batter & deep fried 1,7,V

PANEER PAKORA 1,6,7,V
Pieces of paneer (cheese), marinated in our eastZeast special batter, deep fried

PANEER TIKKA *Highly Recommended* 1,6
Pieces of paneer (cheese), marinated with spices, grilled with pieces of fresh tomatoes, pepper & onions

GARLIC MUSHROOMS Fresh mushrooms, cooked in a massala sauce with onions & peppers V

CHANA PURI Chickpeas, cooked in a massala sauce, served on a crispy puri 1,7,V

BENGAN PAKORA Fresh aubergine cutlets, marinated in our special batter & deep fried 1,V

VEGETABLE ROLL NEW 1,V
Crisp leaves of pastry, filled with fresh vegetables, onions & fresh coriander, deep fried

ALOO TIKKA Spicy mashed potatoes cutlets, filled with lentils, battered & deep fried 1,V

MIX VEGETABLE PAKORA 1,V
Fresh gobi, palak & aloo, mixed with fresh coriander, herbs & spices, deep fried

ALOO PAKORA or MUSHROOM PAKORA 1,V
Fresh potatoes or mushrooms, marinated in our special batter & deep fried

SEAFOOD APPETISERS

eastZeast SEAFOOD MIX STARTER (for 2) 1,4,5
A combination of fish tikka, king prawn, fish pakora served on sizzler platter

SALMON FISH TIKKA 1,4,H
Fresh pieces of salmon, marinated with eastern spices & fresh herbs, chargrilled

SALMON FISH PAKORA NEW Pieces of Salmon marinated in spicy batter then fried. 1,4

MASSALA FISH *Highly Recommended* 1,4
Fillet of fresh fish, marinated with our EastZeast marinade & deep fried

FISH PAKORA Fresh fish pieces, marinated in our EastZeast spices & deep fried 1,4

FISH TEMPURA Fresh fishmarinated with our eastzeast spices & fried with tempura crispy batter 1,4,5

TIGER PRAWN TEMPURA *Highly Recommended* NEW 1,4,5
Fresh tiger king prawns marinated with our eastzeast spices & fried with tempura crispy batter

TIGER PRAWN GRILLED 1,4,5,H
Fresh tiger king prawns, marinated with our eastZeast spices & chargrilled

TIGER PRAWN KABLI NEW 6
Succulent tiger king prawn chargrilled with melted mozzarella cheese on top. Served with spicy baby potatoes.

KING PRAWN PURI 1,4,5
Fresh juicy pieces of King Prawns, cooked in a massala sauce, served on a crispy puri

TIGER CHILLI PRAWN NEW 1,4,5
Gently pan fried with a spicy garlic, chilli sauce accompanied with chilli cheese bread

THE GRILL

All special grills are served with Chips or Vegetable Pilau Rice, peppercorn sauce as a FULL Meal.

TANDOORI MIX GRILL 1, 3, H
Grilled fresh lamb chops, seekh kebabs, chicken wings & chicken tikka boti

LAMB CHOPS SHASHLIK NEW 1, *, H
Fresh lamb chops grilled & served with spicy baby potatoes & mushrooms

CHICKEN STEAK (cheese or 2 fried eggs) NEW 1, *, H
Fresh chicken fillet grilled & served on a sizzler with peppers, mushrooms & baby potatoes

CHICKEN SHASHLIK 1, *, H
Fresh chicken breast pieces grilled, served with peppers, mushrooms & onions

HALF TANDOORI CHICKEN 1,6,*, H
Succulent baby chicken grilled to perfection with mushrooms, herbs & spices

JHINGA KING PRAWNS TANDOORI 1, *, H
Juiciest king prawns marinated with spices & grilled to perfection.

MACHLI TANDOORI 1, 4,*,H
Succulent fish fillet grilled & served on a sizzler with peppers, mushrooms & baby potatoes

COD STEAK FILLET *Highly Recommended* NEW 1, 4,*,H
Succulent fresh Cod steak grilled & served on a sizzler with peppers, mushrooms & baby potatoes

SEA BASS STEAK Fillet of Sea bass lightly spiced & chargrilled 1, 4, *, H

SALMON STEAK TIKKA *Highly Recommended* NEW 1, 4,*,H
Succulent Salmon steak grilled & served on a sizzler with peppers. mushrooms & baby potatoes

PANEER SHASHLIK Chargrilled diced cheese with peppers, mushrooms & tomatoes 1, 6, *

BBQ CHICKEN SIZZELERS Chicken boti, chicken mali boti, chicken seekh kebab & chicken wings

PUNJABI TRADITIONAL DESI DISHES

Very popular Lahori dishes cooked in a special sauce.

NAMKEEN GOSHT Tender lamb cooked with onions, garlic, ginger & pink salt NEW GF
Served with baby potatoe on a sizzler

LAMB SOOKHA BUNAH *Highly Recommended* (On/off the bone) GF

PESHAWARI GOSHT Well renowned dish from Peshawar NEW GF
Tender lamb cooked with tomatoes, ginger & fresh chillies

LAHORI LAMB CHOP HANDI Fresh lamb chops grilled & cooked in handi sauce 1, *

ACHARI LAMB/CHICKEN HANDI Fresh baby lamb/chicken with pickles GF

KOFTA (MINCED MEAT BALLS) Prepared with tomato puree & boiled egg G,3

LAMB KERELA (Fresh bitter gourd) GF

LAMB SHANK NIHARI Baby lamb shanks slowly cooked overnight and prepared to perfection with sauce & spices 1,6,7

SHAHI KEEMA HANDI *Highly Recommended* Fresh minced lamb with lentils & scrambled eggs 3, 7, GF

CHICKEN MASSALA DESI *Highly Recommended* (On/off the bone) GF

CHICKEN/GOSHT BHINDI (Chicken or Lamb & Okra) GF

PESHAWARI CHICKEN Well renowned dish from Peshawar NEW GF
Fresh chicken cooked with tomatoes, ginger & fresh chillies

LAHORI MURGHA *Highly Recommended* (Chicken) NEW GF
Fresh baby chicken on bone prepared with fresh chillies, tomatoes & ginger

LAHORI JHINGHA KING PRAWN Tiger king prawns cooked in handi sauce 1,4,5,*

KARAHI FISH Freshly prepared in eastern spices & herbs in a karahi sauce 1,4

BUTTER CHICKEN *Highly Recommended* GF,6
Freshly cooked chicken with light spices & touch of cream with slice of butter

MURGH TIKKA MAKHANI Grilled chicken cooked with fresh cream, pistachio & almond GF,2,6

MASH DAAL & CHANA Yellow ground lentils with split chickpeas cooked with ginger & garlic GF,7,V

KARAHI TARKA DAAL *Highly Recommended* Yellow split chickpeas cooked with garlic & ginger GF,7,V

DAAL MAKHANI Urad & Rajmah lentils cooked with desi makhan (butter) NEW GF,7,V

MEAT & POULTRY KARAHIS

An authentic punjabi style of cooking. Freshly prepared with onions, garlic, ginger, tomatoes & a blend of EastZeast spices & garnished with fresh coriander& Slice of Lemon

MURGH (Chicken) **TIKKA MASSALA** Grilled chicken in karahi sauce GF

MURGH (Chicken) **TIKKA JALFRAZI** Grilled chicken prepared with scrambled egg GF,3

MURGH (Chicken) Fresh chicken in karahi sauce GF

GOSHT (Lamb) **GINGER** Tender lamb infused with ginger in karahi sauce GF

GOSHT (Lamb) **SHORWA POTATOES** Tender lamb with potatoes in karahi sauce GF

GOSHT (Lamb) Fresh lamb in karahi sauce GF

KEEMA ALOO MUTTER Minced lamb, potatoes & peas in karahi sauce GF

RAJASTHANI THAAL NEW

Traditional way of eating Indian food in a thali (round platter) which consists of 9 different items, Serves 1-2 Guests.

RAJPUTH De THALI Poppadoms, Seekh Kebab, Chicken Boti, Fish Tikka, Lamb 1,2,3,4,5,6
Sookha Bhuna (Off TB), Chicken Masala Desi (Off TB), Butter Chicken, Pilau Rice, Naan/Roti/Puri & Raita

JATT De THALI (V) Poppadoms, Paneer Tikka, Bengan Cutlets, Veg Pakora, 1,2,3,4,5,6
Shahi Paneer, Bhindi Tomatoes, Daal Makhani, Veg Steamed Rice, Naan/Roti/Puri & Raita

VEGAN THALI (VEGAN) Poppadoms, Aloo Tikki, Veggie Roll, Veggie Pakora, Fresh Veg Masala, 1,7
Tarka Daal, Chana Masala, Pilau Rice & Roti/Chappati

MIXED BALTIS

Balti is a special method of cooking a dish in an authentic Punjabi style.
All our balti's are prepared with our chef's finest ingredients & special balti sauce

BALTI CHICKEN & KEEMA *Highly Recommended* Fresh chicken & minced lamb in sauce GF

CHICKEN TIKKA GARLIC *Highly Recommended* Fresh grilled chicken cooked in sauce GF

GARLIC CHILLI CHICKEN *Highly Recommended* (Also available in lamb/prawn/veg) GF

LAMB BALTI Fresh tender lamb GF

LAMB SAAG Fresh spinach with lamb (Also available in chicken/prawn/veg) GF

CHICKEN JALFRAZI Fresh chicken cooked with scrambled eggs GF,3

CHICKEN TIKKA KEEMA Fresh grilled chicken with minced lamb GF

CHICKEN & LAMB BALTI Fresh chicken & tender lamb GF

SEAFOOD Combination of prawns, tiger king prawn & fish cooked in sauce GF,4,5

TIGER KING PRAWNS The biggest king prawns cooked in sauce GF,4,5

VEGETARIAN KARAHIS

An authentic Punjabi style of cooking. Freshly prepared with onions, garlic, ginger, tomatoes & blend of eastZeast spices & garnished with fresh coriander.

MILLI JULEE SABZI Variety of fresh seasonal vegetables (V) G,F,V

ALOO PALAK Fresh spinach with potatoes (V) G,F,V

ALOO GOBI Fresh cauliflower with potatoes (V) G,F,V

SHAHI PANEER Fresh diced cheese prepared with mustard seeds & fresh cream (V) G,F,V

PALAK PANEER Fresh spinach with diced cheese (V) G,F,6

MUTTER PANEER Fresh peas with diced cheese (V) G,F,6

PANEER BHURJI MASSALA *Highly Recommended* Grated cheese in herbs & spices (V) G,F,6

DAAL POTHI Red kidney beans (V) G,F,V,7

KARAHI CHANA MASSALA White chickpeas cooked in sauce (V) G,F,V,7

MUSHROOM KARAHI Fresh mushrooms (V) G,F,V

SARSON-DA-SAAG Traditional mustard spinach cooked in sauce (V) G,F,V

BHINDI TOMATOES Okra with tomatoes in sauce (V) G,F,V

CHANA PANEER Diced cheese with white chickpeas (V) G,F,6,7

CHILLI PANEER *Highly Recommended* Diced cheese with crushed chilli & spices (V) G,F,6

SAFFRON BIRYANIS

All our biryanis are a complete meal. Prepared with basmati peas pilau rice, onion, garlic, cardamon, cinnamon & with boiled egg. Served with curry sauce & Punjabi raita.

CHICKEN BIRYANI G,F,3,6

LAMB BIRYANI G,F,3,6

TIGER KING PRAWN BIRYANI G,F,3,5,6

VEGETABLE BIRYANI (V) G,F,7,V

OLD SCHOOL FAVOURITES

Widely known & traditional curries available in a choice of Chicken / Vegetable

BHUNA A dish prepared with tomato, peppers & garnished with coriander G F

DOPIAZA A dish prepared with onions, peppers & garnished with coriander G F

ROGAN JOSH A dish prepared in special sauce & tomatoes G F

KORMA A dish prepared with fresh coconut cream G F,2,6

DANSAK A dish prepared Sweet & sour taste made with pineapple & lentils G F,7

MADRAS / VINDALOO Traditionally very hot curry dish G F